

**MAYOR'S HEALTH AND FITNESS CHALLENGE
JANUARY 2004 SCHEDULE OF ACTIVITIES**

Focus	Activity	Description	Date	Time	Location
Fitness***	Swim Team (\$30/10 classes)	Swim classes and competitions for individuals ages 13 and older with developmental disabilities. Call:305-665-5319	(Starting on) January 1st (Tuesdays & Thursdays)	5:00PM - 6:00PM	Leisure Access Center 3401 SW 72 Ave.
Fitness***	Adapted Aquatics (\$40./10swim classes & \$30/10arthritis classes)	Water exercises for adults and children with disabilities and arthritis, ages 6 and older. For location of arthritis classes, call: 305-652-4304, 305-665-5319, or 305-234-4948 for schedules.	Thurs.- Jan.1st.	Various Times	Tamiami, Brentwood, Norwood, A.D. Barnes, and Cutler Ridge pools
Fitness***	Arthritis Aquatics (\$30./5wks/twice a week or \$30./10 Saturdays)	Low impact water exercises focusing on range of Imotion, strength and endurance, To sign up or for more information call:305-665-5319	(Starting on) January 1st (Tuesdays, Thursdays or Saturdays)	Various Times	A.D. Barnes Pool 3701 SW 72 Ave. Miami, Florida
Fitness***	Natural Areas and Mangrove Boardwalk Tours (\$7./adults \$5./children)	Take a guided walking tour through a tropical hardwood hammock. A half-mile boardwalk tour where you'll learn or our unique ecosystem. Call:305-235-1668 Ext.242 for schedules.	(Starting on) January 1st Daily	Daily	Deering Estate at Cutler 16701 S.W. 72 Ave.
Fitness***	Mountain Bike Trails (\$10./One time registration fee; \$2./night; \$4./vehicle on weekends)	Beginners, intermediate and advanced riders. For more information. Call: 305-685-8389	(Starting on) January 1st Mondays - Sundays	Sunrise - Sunset (Night rides: 9pm - 6pm- Thur) Tue &	Amelia Earhart Park 401 East 65 St. Hialeah

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Fitness	Sailing Program	For children ages 7-15 Become skilled sailors on this national course on boating. For schedules call: 305-685-8389 Miami: 305-226-1823	Thurs. - Jan.1st		Amelia Earhart Park 401 East 65 St. Hialeah
Fitness***	Heritage Bike and Beach Trip (\$25./includes bike and helmet rental \$15./if you bring your own bike)	Learn of natural and historical events as you bike along this barrier island.Call: 305-365-3018 for reservations	Fri. - Jan 2 (also Jan 17 & 25)	2:00 PM - 5:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd., Key Biscayne
Fitness***	Leisurely P.A.C.E. Ing (\$32./8weeks)	People with Arthritis Can Exercise in a relaxed environment at their own pace. To register call: 305-234- 4948	(Starting on) Fri.- Jan. 2 (Fridays)	10:30AM -11:30AM	Perdue Medical Center 19590 Old Cutler Road
Stress	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health. Tel:305-235-1668 Ext.242. Please call first for class is limited to 40 participants due to space.	Sat.-January 3,10 & 17	10:30 AM - 11:30 AM	The Deering Estate 16701 SW 72 Avenue
Fitness***	Historic Oleta River Canoe Trip (\$20.00)	Take a ride along one of Fl oridas most historic and beautiful rivers. Bring binoculars. Call: 305-944-6111 for reservations	Sat.- January 3,10,17,24 & 31 (other dates: Jan 18 & 23)	10:00AM -1:00PM (other times for other dates: 8-11am)	(Meet at) Greynolds Park 17530 W. Dixie Hwy N. Miami
Fitness/Stress Management***	Key Biscayne Canoe Trip (\$20.00)	Canoeing through the mangrove forest where wide variety of marine life lurk. For other dates and times, call: 305-365-3018	Sat. Jan.3 (also: Jan. 11,16 & 31)	8:00 AM - 11:00 AM	Crandon Park Marina 4000 Crandon Blvd. Key Biscayne

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Fitness	Wheelchair Tennis Program	All ages and skill levels	January 3,10,17,24 & 31 (Saturdays)	9:00 AM - 11:00 PM	Big Five Tennis Club 9299 SW 7 Terr
Fitness	Wheelchair Basketball Teams	For athletes ages 10 or older. For more details, call: 305-234-4948	January 4,11,18 & 25 (Sundays)	11:00AM - 2:00PM	McArthur Senior High 11035 SW 84 St. Miami
Fitness***	Chicken Key Canoe Tour (\$25./adults, \$15./children ages 9-14, \$35./moonlight tour/adults only)	Experience the beauty of Biscayne Bay as you make your way to Chicken Key Island, a seven-acre bird rookery. For more information call: 305-235-1668, Ext.242	(Starting on) January 4 (Sundays) (Moonlight Tour on Jan. 8th)	7:30 AM - 11:00 AM (Moonlight Tour: 7:30-10:30PM)	Deering Estate at Cutler 16701 SW 72 Ave. Miami
Fitness***	Basketball Team (\$32./monthly)	Basketball for people with developmental disabilities. Ages 13 and older. Call: 305-665-5319	(Starting on) Mon., Jan. 5th (Mondays & Wednesdays)	5:00 PM - 6:00 PM	Leisure Access Center 3401 SW 72 Ave.
Stress Management	Anxiety, Stress and Panic Support Group	Join Stan Hyman, LCSW, and group members helping to support each other through experience.	Tues. - Jan.6 & 20	7: 00 PM - 8:30 PM	Northeast Branch Library 2930 Aventura Blvd
Fitness	Goalball	Competitive sport for visually impaired teenagers an adults. For details call:305-652-4304	Wed. - Jan. 7th (Wednesdays)	7:00 PM - 8:30 PM	NFL YET Center 7090 SW 40th St Miami
Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spititual health. Call: 305-233-8140	Wednesdays January 7,14,21 & 28	7:00 PM - 8:00 PM	South Dade Regional Library 10750 SW 211 Street

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Fitness***	Fossilized Reef Kayak and Snorkel Trip (\$25.00)	Explore marine life and 2,000-year-old fossilized mangrove roots. For reservations and other dates and times call:305-365-3018	Friday January 9 & 24	9:00 AM - 12:00 PM	Crandon Park Visitors' and Nature Center 6767 Crandon Blvd., Key Biscayne
Fitness***	Biscayne Bay Canoe Trip (\$20./trip)	Discover a habitat teeming with life on this canoe trip along the mangrove-lined shores of Matheson Hammock Park. Call 305-662-4124 for reservations .	Saturday January 10	4:00 PM - 6:00 PM	Matheson Hammock Park 9610 Old Cutler Rd.
Fitness***	Sports Saturday (\$32 / monthly)	Basketball, swimming and exercise activities for individuals 13 and older with developmental disabilities. Call: (305) 665-5319	Sat.- January 10 & 24	8:30 AM - 12:00 PM	Leisure Access Center 3401 SW 72 Ave.
Fitness/Stress Management***	Matheson to Coral Gables Waterway Canoe Trip (\$30.00)	Enjoy a relaxing trip that offers a great view of Biscayne Bay and its diverse wildlife. For reservations , call:305-662-4124	Sun. - Jan. 11	9:00 AM - 3:00 PM	A.D. Barnes Park 3401 SW 72 Ave. Miami, Florida
Stress Management	Tai Chi Class	A low impact exercise class focusing on physical, mental and spiritual health. Call: 305-625-6424	Wednesdays January 14,21 & 28,	7:00 PM - 8:00 PM	North Dade Regional Library 2455 NW 183 Street
Health/ Nutrition/ Fitness/ Stress Management	Health and Fitness Day at the Caleb Center	Take charge of your health! Come and take advantage of Free Health Screenings, Nutritional Cooking Demonstrations & Lectures, Raffles, Music and much, much more...	Friday, January 23	10:00AM-3:00PM	Caleb Center 5400 NW 22 Ave.

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Health/ Nutrition/ Fitness/ Stress Management	Corporate Challenge Kick-off	Lunch time health fair at the Plaza of the Wachovia Financial Center. Have lunch, sign-up for Zumba/ Yoga classes. Log your blood pressure, body mass index, body fat, and weight. Win various prizes and giveaways. It's all	Jan. 28th (Wednesd ays)	10:00AM - 2:00PM	Wachovia Financial Center (Plaza Level) 200 Biscayne Blvd.
Fitness/Stress Management***	Turner River Canoe Trip (\$45.00)	Observe otters, ospreys and a myriad of reptiles on this trip. Call: 305-662-4124 for reservations	Sat.- Jan. 24	8:00AM - 5:00PM	(Meet at) A.D. Barnes Park, 3401 SW 72 Ave.
Fitness/Stress Management***	Lignum Vitae Canoe Trip (\$45.00)	Paddle out to a botanically rich island in the Keys that has changed little since the discovery of Florida. Call: 305-662-4124 for reservations	Sat.- Jan. 31	7:00AM - 7:00PM	(Meet at) A.D. Barnes Park, 3401 SW 72 Ave.